



What should I do if I'm bullied?

How to deal with bullying:

- Tell your parents or other trusted adults. They can help stop the bullying.
- If you are bullied at school, tell your teacher, school counselor, or principal. Telling is not tattling.
- Don't fight back. Don't try to bully those who bully you.
- Try not to show anger or fear. Students who bully like to see that they can upset you.
- Calmly tell the student to stop...or say nothing and then walk away.
- Use humor, if this is easy for you to do. (For example, if a student makes fun of your clothing, laugh and say, "Yeah, I think this shirt is kind of funny looking too.")
- Try to avoid situations where bullying is likely to happen. You might want to:
 - Avoid areas of the school where there are not many students or teachers around.
 - Make sure you aren't alone in the bathroom or locker room.
 - Sit near the front of the bus.
 - Don't bring expensive things or lots of money to school.
 - Sit with a group of friends at lunch.
 - Take a different route through hallways or walk with friends or a teacher to your classes.

